

## ABSTRACT OF THE DISCLOSURE

An exercise apparatus to exercise and strengthen the user's arms, shoulders and chest by performing pushups which combine raising and lowering the user's body through raising and lowering the user's arms while the user is in a face down horizontal position with the present invention exercise device used to simulate an up and down pumping action to cause the user to have his/her arms spread apart to make the pushups more difficult while providing a central chest support to facilitate the exercise.

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